

# Flu is serious.

With COVID-19 around, it's more important than ever to get the flu vaccine.



Name  
Address 1  
Address 2  
Address 3  
Postcode

CHI:

Dear Sir/Madam

The flu vaccine is offered in autumn to everyone aged 65 or over in Scotland to help protect them against influenza (the flu virus). **NHS Scotland strongly recommends you get your flu vaccine this year.** This is for three reasons:

1. Flu can be serious and life threatening. Every year thousands of people in Scotland are hospitalised because of flu. **People aged 65 or over are at particular risk.**
2. To reduce the risk of you spreading flu to friends and family.
3. To help our NHS avoid the pressure that a spike in seasonal flu would put on top of COVID-19.

## Is it safe to go to my flu vaccine appointment?

- Getting your flu vaccine is one of the most important reasons for leaving your home.
- If you are aged 65 or over, the risk of getting seriously ill with the flu virus is greater than the risk of going to get your vaccine.
- During vaccination, strict infection prevention and control measures will be in place.
- Please wear a face covering while travelling to and from and during your appointment, and remember to wash your hands regularly.

## What should I do next?

Visit [www.nhsinform.scot/flu](http://www.nhsinform.scot/flu) or call **0800 22 44 88** to find out about getting the flu vaccine in your area.

You can also visit your GP practice website for information about arrangements.

Also, if you were previously advised to shield to protect you from COVID-19, all of your household members can now have a free flu vaccine.

Please keep this letter safe, as you and your household members may need it to get your flu vaccine.

If you are showing symptoms of COVID-19 before your vaccination, please contact your health professional to reschedule your appointment.

This year, more than ever, please help protect yourself, others and our NHS.



Scan me for BSL and other formats

[www.nhsinform.scot/fluformats](http://www.nhsinform.scot/fluformats)

For more information in a range of languages, videos and a link to the patient information leaflet, visit [www.nhsinform.scot/flu](http://www.nhsinform.scot/flu)

Public Health  
Scotland 